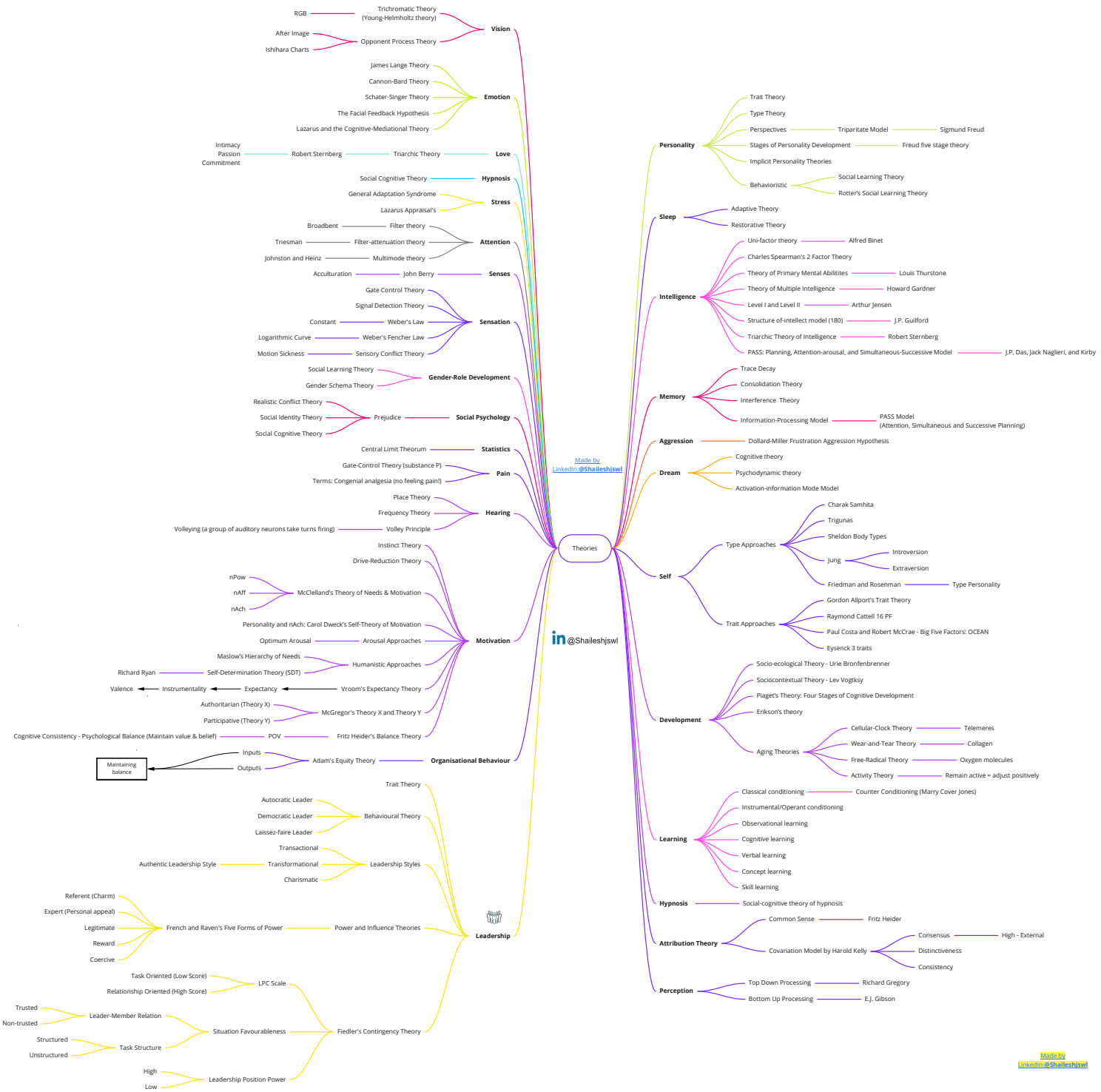
Theories in Psychology (Master's Psychology Entrance)



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Learning

Paradigms of Learning

Conditioning

Classical conditioning

- Ivan P.Pavlov
  - Dogs
    - US-UR
    - CS+US=UR
    - CS+UR
- Determinants
  - Time Relations between Stimuli
    - Forward Conditioning
      - Simultaneous conditioning
      - Delayed conditioning
      - Trace conditioning
    - Backward conditioning
  - Type of Unconditioned Stimuli
    - Appetitive
    - Aversive
  - Intensity of Conditioned Stimuli
- Basic Processes
  - Acquisition
  - Stimulus Generalisation
  - Stimulus Discrimination
  - Extinction
  - Spontaneous Recovery

Instrumental/operant conditioning

- B.F. Skinner
  - Rats/Pigeons
- Determinants of Operant Conditioning
  - Reinforcers
    - Positive
    - Negative
    - Number or frequency
    - Quality
    - Schedule
      - Continous Reinforcement
      - Partial Reinforcement
        - Fixed ratio schedule
        - Variable ratio schedule
        - Fixed interval schedule
        - Variable interval schedule
    - Primary
    - Secondary

Imitation, now Observational learning

- Bandura
  - Social Learning
    - Bobo Doll
- Modeling
- Elements of Observational Learning
  - Attention
  - Memory
  - Imitation
  - Desire

Cognitive learning

- Insight Learning
  - Kohler
    - Chimpanzees
- Latent Learning
  - Tolman
    - Rats

Verbal learning

- Methods used in Studying Verbal Learning
  - Paired-Associates Learning
  - Serial Learning
  - Free Recall
- Determinants of Verbal Learning
  - Bousfield

Concept learning

- Concepts
  - Artificial concepts
  - Natural concepts

Skill learning

- Phases of Skill learning
  - Cognitive
  - Associate
  - Autonomous

Principles of Learning

Therapeutic Procedures

- Extinction
  - Implosive therapy
  - Flooding
  - Systematic Desensitization
  - Aversion Therapy
  - Biofeedback
  - Assertive Learning
  - Modeling

Simple Learning

- Association
  - Contiguity
  - Trial and Error Method : Connectionism

Complex Learning

- Cognitive Learning
  - Observational Learning 'Imitation'
  - Problem-Solving (Reasoning)
  - Insight

Learning Disabilities

- Dyslexia
- Dysgraphia
- Dyscalculia
- Nonverbal Learning Disorder
- Apraxia of speech
- Central Auditory Processing Disorder

Learning Styles

- Perceptual Modality
- Information Processing
- Personality Patterns

Learned Helplessness

- Martin Seligman

Transfer of Learning

- General (Generic) Transfer
- Specific Transfer

Thorndike's Puzzle Box

- Edward Thorndike
  - Law of Effect
  - Cats

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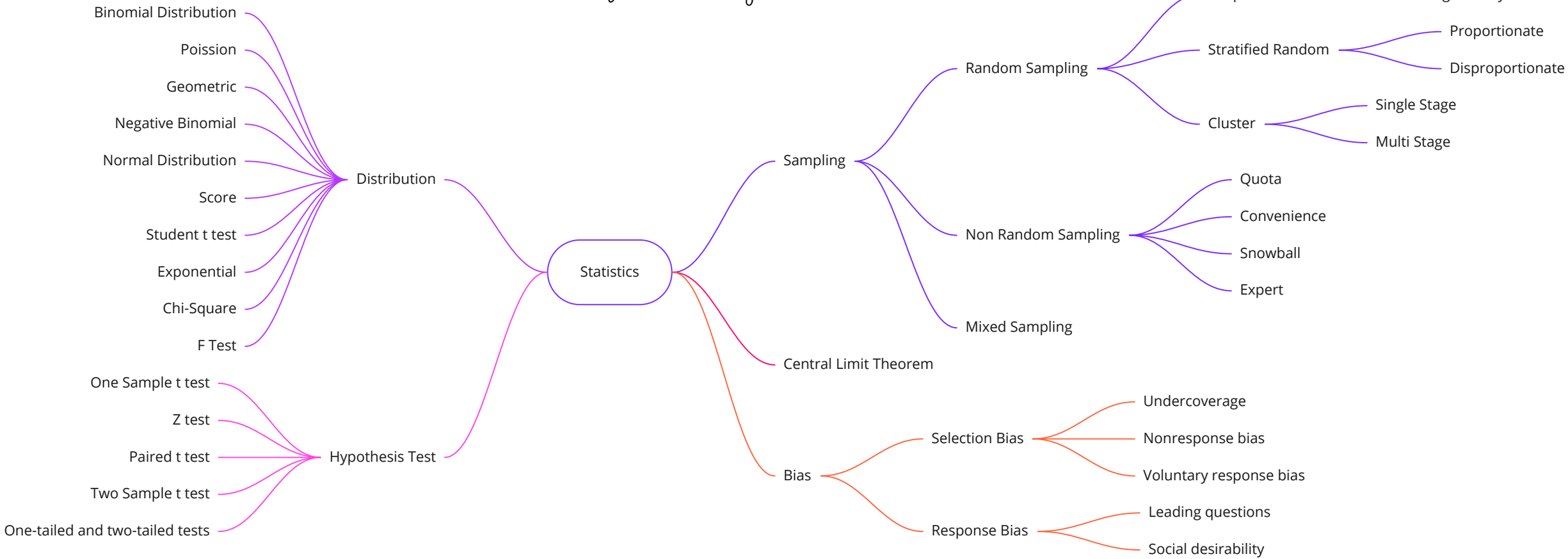

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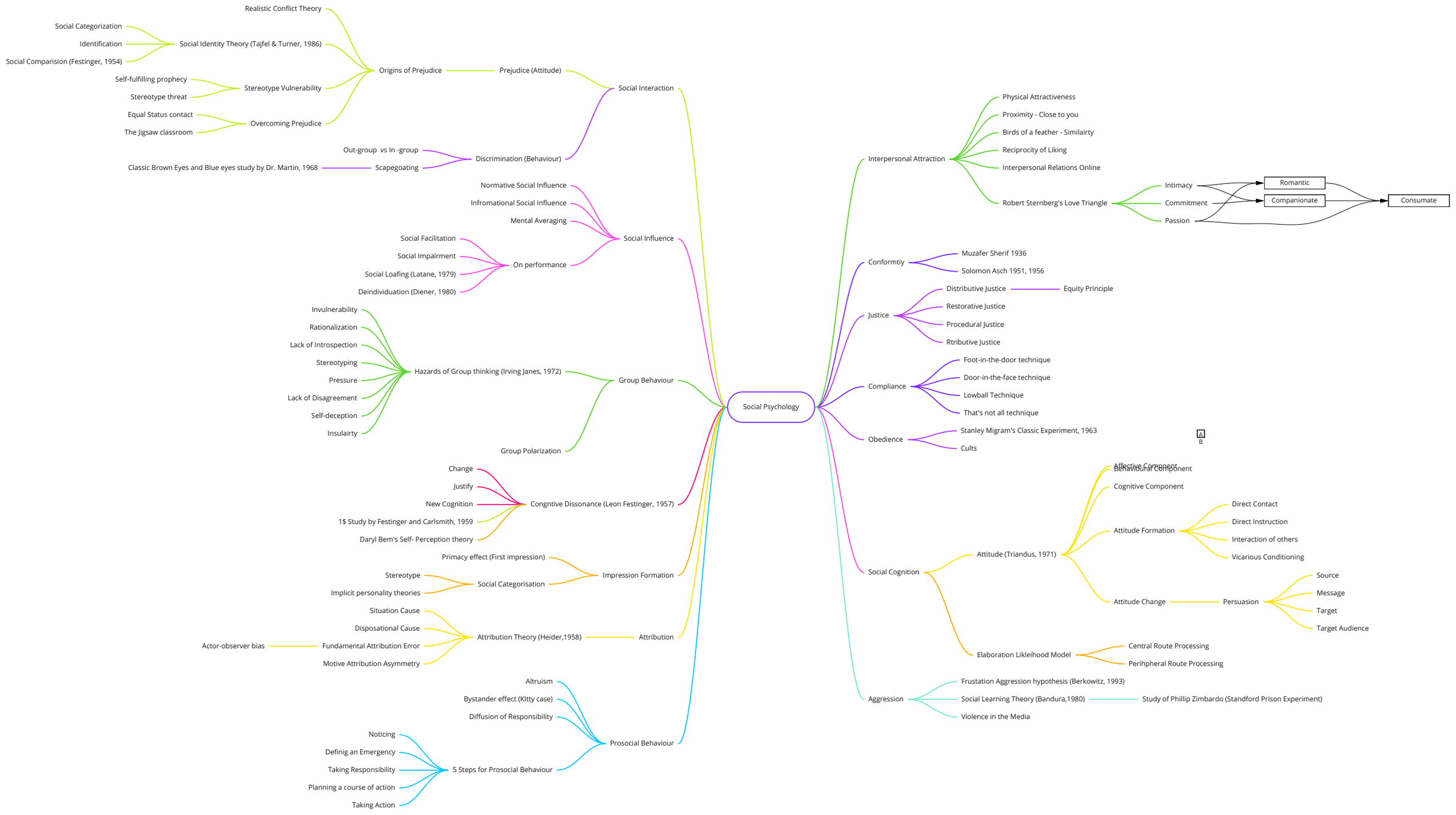

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- Development
  - The basic building blocks of Development
    - Chromosomal Disorders
      - Down syndrome
      - Klinefelter's syndrome
      - Turner's syndrome
    - Chromosomes
    - Genes
      - Dominant
      - Recessive
    - DNA
  - Urie Bronfenbrenner's Contextual Development
    - Microsystem
    - Exosystem
    - Mesosystem
    - Macrosystem
    - Chronosystem
  - Life-Span Perspective on Development
    - Lifelong
    - Multi-directional
    - Highly plastic
    - Influenced by historical conditions
    - Is the concern of a number of disciplines
  - Research Designs
    - Longitudinal design
    - Cross-sectional design
    - Cross-sequential design
  - Biological Process
  - Cognitive Process
  - Socio-emotional processes
  - Prenatal Development
    - Fertilization
    - Zygote
    - Twins
      - Dizygotic twins
      - Monozygotic twins
    - Prenatal Hazards
      - Teratogens
        - Alcohol
          - Fetal alcohol syndrome (FAS)
        - Smoking
          - Prenatal birth

Common Teratogens

TERATOGENIC AGENT	EFFECT ON DEVELOPMENT
Measles, Mumps, and Rubella	Blindness, deafness, heart defects, brain damage
Marijuana	Irritability, nervousness, tremors; infant is easily disturbed, startled
Cocaine	Decreased height, low birth weight, respiratory problems, seizures, learning difficulties; infant is difficult to soothe
Alcohol	Fetal alcohol syndrome (intellectual disability, delayed growth, facial malformation), learning difficulties, smaller than normal heads
Nicotine	Miscarriage, low birth weight, stillbirth, short stature, intellectual disability, learning disabilities
Mercury	Intellectual disability, blindness
Vitamin A (high doses)	Facial, ear, central nervous system, and heart defects
Caffeine	Miscarriage, low birth weight
Toxoplasmosis	Brain swelling, spinal abnormalities, deafness, blindness, intellectual disability
High Water Temperatures	Increased chance of neural tube defects

  - Infancy
    - Motor Development
      - Reflexes
    - Sensory Abilities
    - Cognitive Development
      - Piaget
        - Lack object permanence
        - Assimilation
        - Accommodation
      - Piaget's Stages of Cognitive Development
        - Sensorimotor
          - 0-2 years
        - Preoperational
          - 2-7 years
        - Concrete operational
          - 7-11 years
        - Formal operational
          - 11-15 years
    - Socio-emotional Development (Zone of Proximal development)
      - Lev Voygotksy
    - Reflexes in Newborn
      - Rooting
        - Disappears between 3 and 6 months
      - Moro
        - Disappears in 6 to 7 months
      - Grasp
        - Disappears in 3 to 4 months
      - Babinski
        - Disappears in 8 to 12 months
    - Psychosocial Development
      - Temperament
        - Easy
        - Difficult
        - Slow to warm up
      - Attachment
        - Attachment Styles
          - Mary Ainsworth
            - Strange Situation
          - Secure
          - Avoidant
          - Ambivalent
          - Disorganized–disoriented
      - Erikson's Theory
        - Erikson's Psychosocial Stages of Development
          - Infant (Birth to 1 year old)
            - Trust Versus Mistrust
          - Toddler (1 to 3 years old)
            - Autonomy Versus Shame and Doubt
          - Preschool Age (3 to 5 years old)
            - Initiative Versus Guilt
          - Elementary School Age (5 to 12 years old)
            - Industry Versus Inferiority
          - Adolescence (13 to early 20s)
            - Identity Versus Role Confusion
          - Early Adulthood (20s and 30s)
            - Intimacy Versus Isolation
          - Middle Adulthood (40s and 50s)
            - Generativity Versus Stagnation
          - Late Adulthood (60s and beyond)
            - Ego Integrity Versus Despair
  - Childhood
    - Physical Development
      - Development proceeds cephalocaudally
      - Proximodistal trend
    - Motor Development
      - Gross motor skills
        - Hopping, jumping, running
          - 3 years
        - Climb up and downstairs with one foot on each step
          - 4 years
        - Run hard, enjoy races
          - 5 years
      - Fine motor skills
        - Build blocks, pick objects with forefinger and thumb
          - 3 years
        - Fit jigsaw puzzle precisely
          - 4 years
        - Hand, arm, and body all coordinate with eye movement
          - 5 years
    - Cognitive Development : Piaget
      - Preoperational thought
        - Egocentrism
        - Animism
          - Intuitive thought
        - Centration
      - Concrete operational thought
        - Logical Thought
        - Concrete operations
      - Socio-emotional Development
        - Self Development
        - Gender Development
        - Moral Development
      - Moral Development
        - Pre Conventional
          - younger than 6
          - Very young children
        - Conventional
          - 7-11 years
          - Older children, adolescents, and most adults
        - Post Conventional
          - 11 years on
          - About one fifth of the adult population
  - Adolescence
    - Physical Development
      - Primary Sexual Characteristics
      - Secondary Sexual Characteristics
    - Cognitive Development : Piaget
      - Formal operational thought
        - Logical thinking
          - Hypothetical Deductive Reasoning
        - Egocentrism
          - David Elkind
            - Imaginary Audience
            - Personal Fable
    - Forming an Identity
  - Adulthood
    - Physical Development
      - Menopause
      - Andropause
    - Cognitive Development
      - Changes in Memory
    - Psychosocial Development
      - Erikson's
        - Intimacy Versus Isolation
          - Forming Relationships
        - Generativity Versus Stagnation
          - Parenting
            - Parenting Styles
              - Authoritarian parenting
              - Permissive parenting
              - Authoritative parenting
        - Ego Integrity Versus Despair
          - Dealing With Mortality
    - Theories of Physical and Psychosocial aging
      - Cellular-Clock Theory
      - Wear-and-Tear Theory
      - Free-Radical Theory
      - Activity Theory
    - Stages of Death and Dying
      - Elisabeth Kübler-Ross (Grief Model)
        - Denial
        - Anger
        - Depression
        - Bargaining
        - Acceptance

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- **Intelligence**
  - PASS Model of Intelligence
    - Information Processing Approach
    - Arousal/Attention
    - Simultaneous and Successive Processing
    - Planning
    - Cognitive Assessment System Test
  - Types of Intelligence Tests
    - Verbal Tests
    - Non Verbal Tests
      - Raven's Progressive Matrices Test
    - Individual Tests
    - Performance Tests
    - Group Tests
  - Intelligence Tests Developed in India
    - Verbal Tests
      - CIE Verbal Group Test of Intelligence
      - Group Test of General Mental Ability
      - Group Test of Intelligence
      - The Bihar Test of Intelligence
      - Indian Adaptation of Stanford-Binet Test
      - Test of General Mental Ability (Hindi)
    - Non-Verbal Tests
      - CIE Non-Verbal Test of Intelligence
      - Bhatia's Battery of Performance Tests
      - Draw-a-Man Test
      - Adaptation of Wechsler Adult Performance Intelligence Scale
  - Intelligence in Indian Tradition
    - Termed as Integral Intelligence (as opposed to technological intelligence)
      - Facets of Indian Intelligence
        - Cognitive capacity
        - Social Competency
        - Emotional competence
        - Entrepreneurial Competence
  - Definition
    - The power of perceiving, learning, understanding and knowing
  - Test Construction
    - Reliability
      - Inter-Rater
      - Test-retest
      - Parallel Forms
      - Internal Consistency
      - Split Half
      - Cronbach's Alpha
    - Validity
      - Construct
      - Content
      - Face
      - Criterion
        - Predictive
        - Concurrent
    - Standardization
      - Norms
  - Gardner
    - Linguistic
    - Logical-Mathematical
    - Spatial
    - Musical
    - Bodily-Kinaesthetic
    - Interpersonal
    - Intrapersonal
    - Naturalistic
  - Sternberg's Triarchic Theory
    - Componential (Analyatical)
    - Experential (Creative)
    - Contextual (Practical)
  - Alfred Binet
    - Uni Factor theory
  - Charles Spearman
    - Two Factor Theory
      - G factor abilities
      - S factor abilities
  - Louis Thurstone's Primary Mental Abilities
    - Verbal Comprehension
    - Numerical Abilities
    - Spatial Relations
    - Perceptual Speed
    - Word Fluency
    - Memory
    - Inductive Reasoning
  - Aurthur Jenson
    - Level I
      - Associative Learning
    - Level II
      - Cognitive Competence
  - J.P. Guilford (Structure of Intellect) Tri-dimensional theory
    - Operations
    - Contents
    - Products

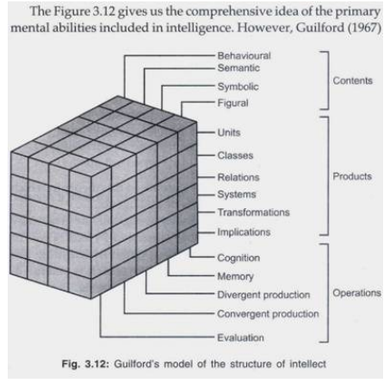

Fig. 3.12: Guilford's model of the structure of intellect

  - Intellectual disability
    - Mild
      - 55-70
    - Moderate
      - 35–40 to approximately 50–55
    - Severe
      - 20–25 to approximately 35–40
    - Profound
      - < 20–25
    - Causes
      - Fetal Alcohol Syndrome
      - Fragile X Syndrome
      - Down Syndrome
        - Extra 21
      - Klinefelter Syndrome
        - 23rd XXY
      - Phenylketonuria
      - Turner's Syndrome
        - 23rd X

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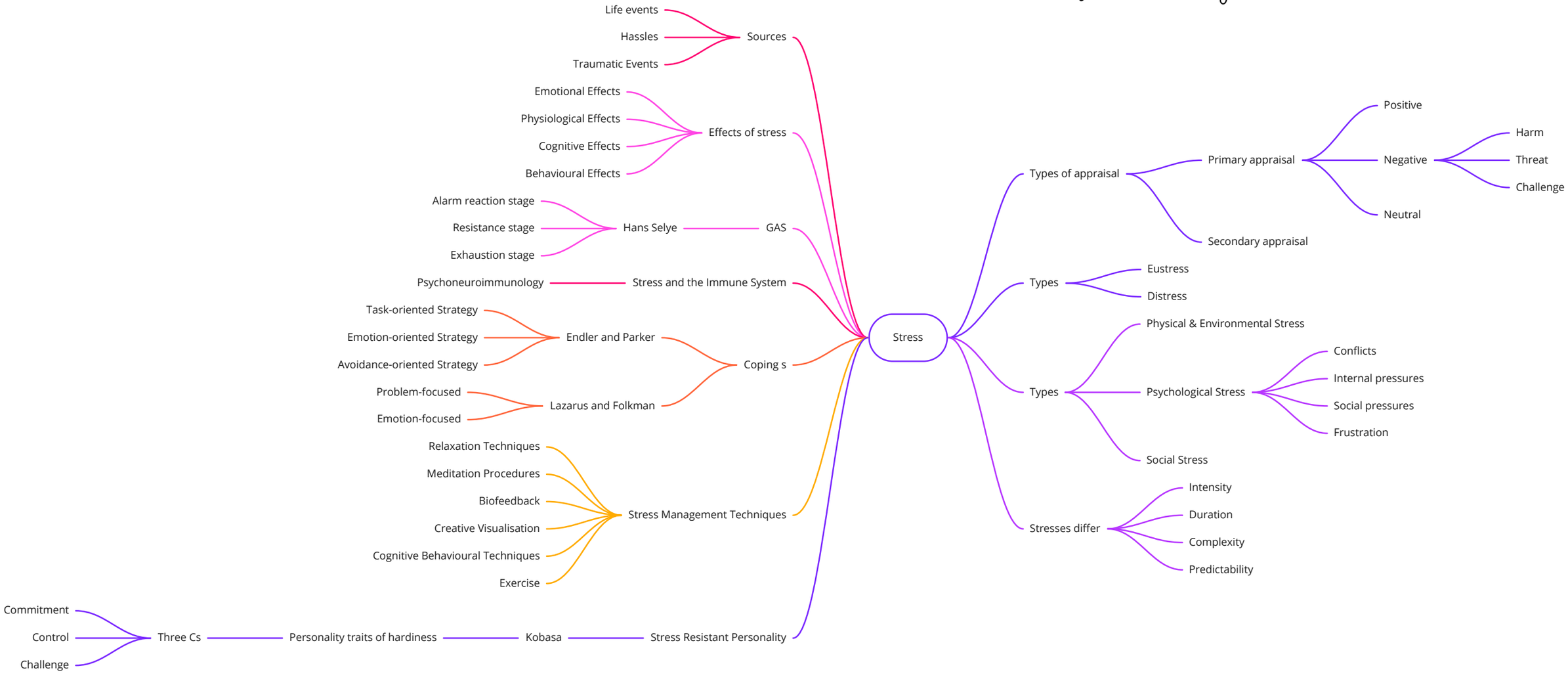

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- Thinking
  - Reasoning
    - Deductive Reasoning
    - Inductive Reasoning
    - Judgements
  - Decision Making
  - Creative Thinking
    - Reality-oriented
    - Appropriate
    - Constructive
    - Socially desirable
    - Process of Creative Thinking
      - Preparation stage
      - Incubation Stage
      - Illumination Stage
      - Verification Stage
    - Barriers to Creative Thinking
      - Habitual Barriers
      - Perceptual Barriers
      - Motivational Barriers
      - Emotional Barriers
      - Cultural Barriers
    - Strategies for Creative Thinking
      - Osborn's Brainstorming technique
    - J.P. Guilford
      - Convergent Thinking
      - Divergent Thinking
        - Fluency
        - Flexibility
        - Originality
        - Elaboration
        - Stimulating Divergent Thinking
          - Brainstorming
          - Keeping a Journal
          - Freewriting
          - Mind or Subject Mapping
  - Lateral Thinking
    - Vertical Thinking
    - Edward de Bono
      - Six thinking hats
        - White hat — Gathering information, facts, figures, and filling gaps in information
        - Red hat — Expression of feelings, and emotions on the subject
        - Black hat — Judgment, caution and logic
        - Green hat — Creativity, alternatives and changes
        - Blue hat — Thinking about the process and not the ideas as such
        - Yellow hat — Thinking on what will work and why it will be beneficial
  - Building Blocks of Thought
    - Mental Image
    - Concepts
  - The processes of thinking
    - Problem Solving
      - Mental Operations Involved in Solving a Problem
        - Identify the problem
        - Represent the problem
        - Plan the solution : Set sub-goals
        - Evaluate all solutions (plays)
        - Select one solution and execute it
        - Evaluate the outcome
        - Rethink and redefine problems and solutions
      - Obstacles to Solving Problems
        - Mental Set
        - Functional fixedness
        - Lack of Motivation
        - Confirmation Bias
      - Ways in which people can think in order to solve problems
        - Trial and Error (Mechanical Solutions)
        - Algorithms
        - Heuristics
          - Representativeness Heuristic
          - Availability Heuristic
          - Working Backward
          - Subgoals
          - Insight
  - Thought and Language
    - Language as Determinant of Thought — Benjamin Lee Whorf — Linguistic relativity hypothesis : Linguistic Determinism
    - Thought as Determinant of Language
  - Language
    - Levels of Language Analysis
      - Grammar
      - Phonemes
      - Morphemes
      - Syntax
      - Semantics
      - Pragmatics
    - Characteristics of Language
      - Symbols
      - Rules
      - Communicating one's thought, ideas, intentions, and feelings to others
      - Gestures or postures
      - Sign language
    - Babies Language
      - Initial Sound : — Crying - Cooing sounds
        - Babbling : 6 months
        - Echolalia : 9 months
      - One-word-stage : First Birthday — Holophrases : Whole sentences or phrases
      - Two-word stage : 18-20 months — Telegraphic speech
      - Rules of the language : Beyond two-and-a half years
    - Behaviourist B.F. Skinner language
      - Association
      - Imitation
      - Reinforcement
    - Bilingualism and Multilingualism
    - Linguist Noam Chomsky — Innate proposition of development of language
  - Language Acquisition Theories
    - Behaviorist — Skinner
    - Cognitive — Piaget
    - Interactionist
    - Innatist — Noam Chomsky

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- Psychological Disorders
  - Somatoform Disorders
    - Pain disorder
    - Somatisation disorder
    - Conversion disorder
    - Hypochondriasis
  - Dissociative Disorders
    - Dissociative amnesia
      - Localized amnesia
      - Selective amnesia
      - Generalized amnesia
      - Continuous amnesia
      - Systematized amnesia
    - Dissociative fugue
    - Dissociative identity disorder
      - Derealization
    - Depersonalisation
  - Mood Disorders
    - Major depressive disorder
    - Mania
    - Bipolar mood disorder
  - Schizophrenic Disorders
    - Positive symptoms
      - Excesses of thought, emotion, and behaviour
        - Delusions
        - Hallucinations
    - Negative Symptoms
      - Deficits of thought, emotion, and behaviour
        - Alogia
        - Blunted affect
        - Flat affect
        - Avolition
    - Psychomotor symptoms
      - Catatonia
        - Catatonic stupor
        - Catatonic rigidity
        - Catatonic posturing
    - Subtypes
      - Paranoid type
      - Disorganised type
      - Catatonic type
      - Undifferentiated type
      - Residual type
  - Behavioural and Developmental Disorders
    - Externalising Disorders
      - Attention-deficit Hyperactivity Disorder (ADHD)
      - Oppositional Defiant Disorder (ODD)
      - Conduct Disorder
    - Internalising Disorders
      - Separation Anxiety Disorder
      - Pervasive Developmental Disorders (now Autism Spectrum Disorder)
        - Autistic disorder
      - Acute stress disorder (ASD)
  - Eating Disorders
    - Anorexia nervosa
    - Bulimia nervosa
    - Binge eating
  - Substance Use Disorder
    - Substance dependence
    - Substance abuse
  - Abnormality
    - 4 D'S
      - Deviance
      - Distress
      - Dysfunction
      - Danger
  - Anxiety Disorders
    - Generalised anxiety disorder
    - Panic disorder
    - Phobias
      - Social Anxiety Disorder (Social Phobia)
      - Specific Phobias
        - Claustrophobia (closed space)
        - Acrophobia (heights)
      - Agoraphobia
    - Obsessive-compulsive disorder
      - Obsession
      - Compulsion
      - Body Dysmorphic Disorder
    - Post-traumatic Stress Disorder (PTSD)
  - Historical Background
    - Supernatural and magical forces or Exorcism
    - Biological or organic approach
    - Psychological approach
    - Organismic approach
    - Middle Ages
    - Renaissance Period
    - Age of Reason and Enlightenment
    - Reform Movement
      - Deinstitutionalisation
    - Interactional, or biopsycho-social approach
  - Treatment
    - Psychoactive Drugs
      - Types
        - Depressants
        - Stimulant
        - Hallucinogens
        - Opiates
  - Personality disorders
    - Antisocial personality disorder (ASPD)
    - Borderline personality disorder (BLPD)
    - Emotional and impulsive
      - Borderline personality disorder (BP
      - Histrionic personality disorder
      - Narcissistic personality disorder
    - Suspicious
      - Paranoid personality disorder
      - Schizoid personality disorder
      - Schizotypal personality disorder
      - Antisocial personality disorder
    - Anxious
      - Avoidant personality disorder
      - Dependent personality disorder
      - Obsessive compulsive personality disorder (OCPD)

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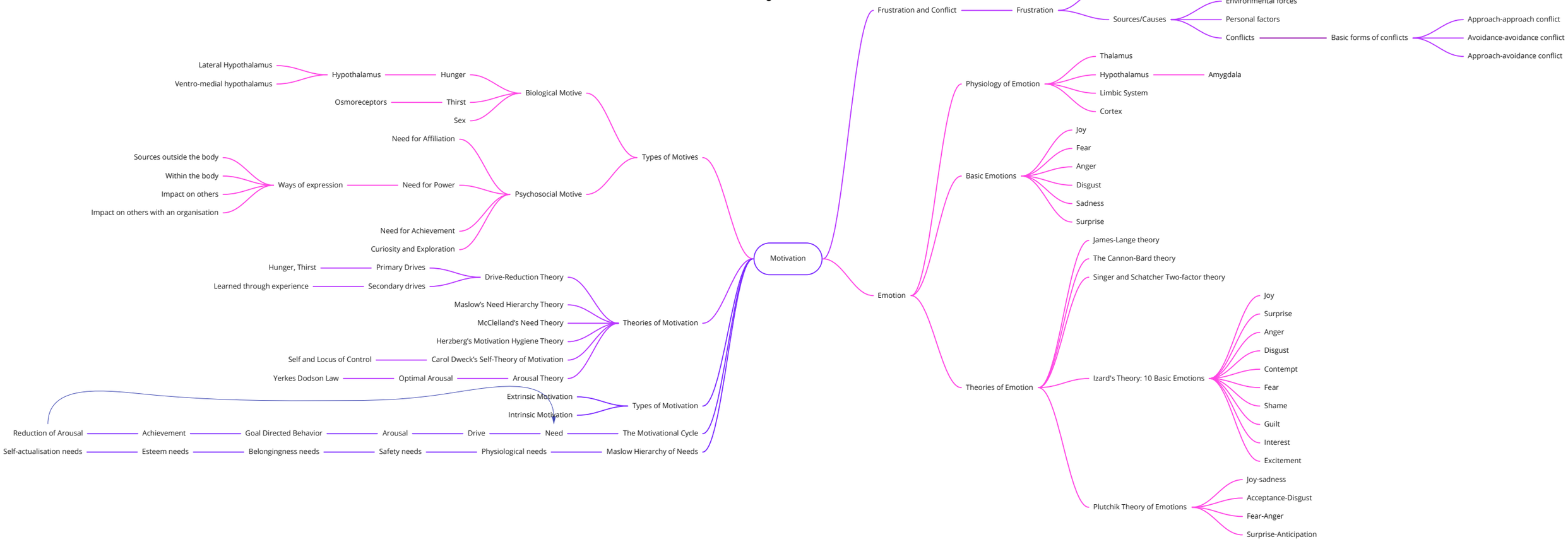

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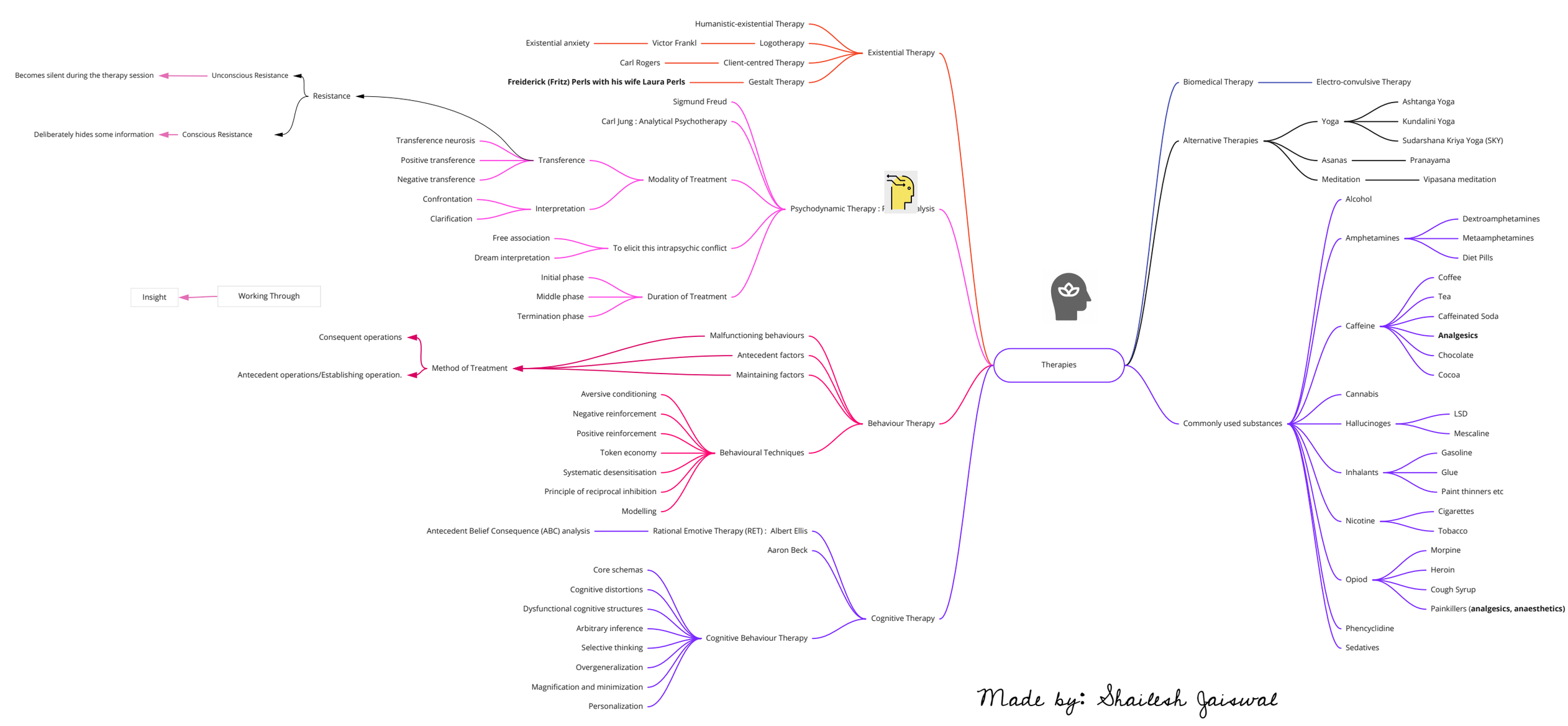
- Leadership
  - Trait Theory
  - Behavioral Theories
    - Autocratic leader
    - Democratic leader
    - Laissez-faire leader
  - Leadership Styles
    - Transactional
    - Transformational
      - Authentic Leadership Style
    - Charismatic
  - Fiedler
    - Contingency Theory of Leadership
      - Leadership Style
        - Least Preferred Coworker Scale
          - Task Oriented Leadership (Low Score)
          - Relationship Oriented Leadership (High Score)
      - Situation Favourableness
        - Leader-Member Relation
          - Trusted
          - Non-trusted
        - Task Structure
          - Structured
          - Unstructured
        - Leadership Position Power
          - High
          - Low
  - Power and Influence Theories
    - French and Raven's Five Forms of Power
      - Referent (Charm)
      - Expert (your personal appeal)
      - Legitimate
      - Reward
      - Coercive
  - 7 C's of Leadership
    - Communication
    - Competence
    - Courage
    - Clarity
    - Competition
    - Commitment
    - Coaching


Therapies
Existential Therapy
Humanistic-existential Therapy
Existential anxiety
Victor Frankl
Logotherapy
Carl Rogers
Client-centred Therapy
Freiderick (Fritz) Perls with his wife Laura Perls
Gestalt Therapy
Psychodynamic Therapy : Psychoanalysis
Sigmund Freud
Carl Jung : Analytical Psychotherapy
Modality of Treatment
Transference
Transference neurosis
Positive transference
Negative transference
Interpretation
Confrontation
Clarification
To elicit this intrapsychic conflict
Free association
Dream interpretation
Duration of Treatment
Initial phase
Middle phase
Termination phase
Resistance
Unconscious Resistance
Becomes silent during the therapy session
Conscious Resistance
Deliberately hides some information
Insight
Working Through
Behaviour Therapy
Method of Treatment
Consequent operations
Antecedent operations/Establishing operation.
Malfunctioning behaviours
Antecedent factors
Maintaining factors
Behavioural Techniques
Aversive conditioning
Negative reinforcement
Positive reinforcement
Token economy
Systematic desensitisation
Principle of reciprocal inhibition
Modelling
Cognitive Therapy
Rational Emotive Therapy (RET) : Albert Ellis
Antecedent Belief Consequence (ABC) analysis
Aaron Beck
Cognitive Behaviour Therapy
Core schemas
Cognitive distortions
Dysfunctional cognitive structures
Arbitrary inference
Selective thinking
Overgeneralization
Magnification and minimization
Personalization
Biomedical Therapy
Electro-convulsive Therapy
Alternative Therapies
Yoga
Ashtanga Yoga
Kundalini Yoga
Sudarshana Kriya Yoga (SKY)
Asanas
Pranayama
Meditation
Vipasana meditation
Commonly used substances
Alcohol
Amphetamines
Dextroamphetamines
Metaamphetamines
Diet Pills
Caffeine
Coffee
Tea
Caffeinated Soda
Analgesics
Chocolate
Cocoa
Cannabis
Hallucinoges
LSD
Mescaline
Inhalants
Gasoline
Glue
Paint thinners etc
Nicotine
Cigarettes
Tobacco
Opiod
Morpine
Heroin
Cough Syrup
Painkillers (analgesics, anaesthetics)
Phencyclidine
Sedatives
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